



National Nutrient Database for Standard Reference
Release 28 slightly revised May, 2016

Statistics Report 35203, Rose Hips, wild (Northern Plains Indians)

Report Date: July 16, 2017 05:39 EDT

Nutrient values and weights are for edible portion.

Nutrient	Unit	Value Per100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
Proximates													
Water ¹	g	58.66	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	05/2007
Energy	kcal	162	--	--	--	--	--	--	--	--	Calculated or imputed	--	05/2007
Energy	kJ	679	--	--	--	--	--	--	--	--	Calculated or imputed	--	05/2007
Protein ¹	g	1.60	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	05/2007
Total lipid (fat) ¹	g	0.34	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	05/2007
Ash ¹	g	1.18	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	05/2007
Carbohydrate, by difference	g	38.22	--	--	--	--	--	--	--	--	Calculated or imputed	--	05/2007
Fiber, total dietary ¹	g	24.1	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	05/2007
Sugars, total ¹	g	2.58	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	05/2007

Nutrient	Unit	Value Per100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
Sucrose 1	g	0.07	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	05/2007
Glucose (dextrose) 1	g	1.34	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	05/2007
Fructose 1	g	1.16	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	05/2007
Lactose 1	g	0.00	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	05/2007
Maltose 1	g	0.00	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	05/2007
Galactose 1	g	0.00	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	05/2007
Minerals													
Calcium, Ca 1	mg	169	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	05/2007
Iron, Fe 1	mg	1.06	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	05/2007
Magnesium, Mg 1	mg	69	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	05/2007
Phosphorus, P 1	mg	61	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	05/2007

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Potassium, K ¹	mg	429	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	05/2007
Sodium, Na ¹	mg	4	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	05/2007
Zinc, Zn ¹	mg	0.25	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	05/2007
Copper, Cu ¹	mg	0.113	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	05/2007
Manganese, Mn ¹	mg	1.020	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	05/2007
Vitamins													
Vitamin C, total ascorbic acid ¹	mg	426.0	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	05/2007
Thiamin ¹	mg	0.016	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	05/2007
Riboflavin ¹	mg	0.166	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	05/2007
Niacin ¹	mg	1.300	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	05/2007
Pantothenic acid ¹	mg	0.800	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	05/2007

Nutrient	Unit	Value Per100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
Vitamin B-6 ¹	mg	0.076	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	05/2007
Folate, total ^{1 a}	μg	3	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	05/2007
Folate, food ¹	μg	3	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	05/2007
Choline, total ¹	mg	12.0	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	05/2007
Betaine ¹	mg	2.9	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	05/2007
Vitamin A, RAE	μg	217	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	05/2007
Carotene, beta ¹	μg	2350	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	05/2007
Carotene, alpha ¹	μg	31	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	05/2007
Cryptoxanthin, beta ¹	μg	483	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	05/2007
Vitamin A, IU	IU	4345	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	05/2007

Nutrient	Unit	Value Per100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
Lycopene ¹	µg	6800	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	05/2007
Lutein + zeaxanthin ¹	µg	2001	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	05/2007
Vitamin E (alpha-tocopherol) ¹	mg	5.84	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	05/2007
Tocopherol, beta ¹	mg	0.05	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	05/2007
Tocopherol, gamma ¹	mg	1.34	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	05/2007
Tocopherol, delta ¹	mg	0.14	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	05/2007
Vitamin K (phylloquinone) ¹	µg	25.9	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	05/2007

Sources of Data

¹Nutrient Data Laboratory, ARS, USDA National Food and Nutrient Analysis Program, Wave 9j, 2005 Beltsville MD

Footnotes

^a Includes only 5-methyltetrahydrofolate.